

Quantum Novice Daily Meditation Guide

1. We are going to practice “Guided Muscle Relaxation Meditation”

Step One: When I say a group of muscle focus on the group of muscles you hear and feel the tenseness in them

Step Two: Mentally relax those group of muscles

Step Three: Feel those muscles completely relaxed.

Let's start.

Your scalp muscles; all the muscles on your head ----- are relaxed.

Your forehead and eyebrows ----- are relaxed.

Your eyes, ears, nose, lips, and chin ----- are relaxed.

Your neck and shoulders----- are relaxed.

Your arms, forearms, wrists, hands, and fingers----- are relaxed.

Your chest and upper back----- are relaxed.

Your Abdomen and lower back----- are relaxed.

Your hips and thighs----- are relaxed.

Your knees and legs----- are relaxed.

Your ankles, feet, and toes----- are relaxed.

Now your whole--- body ---- from head ---- to toe ---- fully relaxed

2. Now we are going to advance to Body scanning meditation

Imagine you are holding a scanner in your hand. You are going to scan your whole body from head to toe from the front and the back.

Let's start at the top of our head.

Scan down slowly inch by inch --- muscle by muscle --- feeling the smooth flow of positive energy; ---- opening all the energy channels. If you run into any area of the block, focus on that area and mentally relax that area.

After about 30 seconds

try to scan through that area again. You will notice that the area is now open.

Scan down further till you get to the tip of your toes.

Now, you are going to scan your back.

Start from your heels --- scanning upward ---

back of your legs ---, back of your knees --- , back of your thighs ---

back of your hips ---, your lower back ---, your upper back ---

back of your shoulders ---, back of your neck --- , back of your head and the top of your head.

Now you have successfully finished one cycle of body scanning meditation.

Now you are going to practice another cycle on your own.

Leader (practice 2 cycles of body scanning)

Once all the energy channels are open, your body will feel very light. It will feel as if you are riding on a calm ocean wave.

3. We are going to advance to **Anapana Sati Meditation**

You are going to focus on your breath. When you breathe in, a puff of air touches the tip of your nose. Make yourself aware of the touch.

When you breathe out, a slightly warmer puff of air touches the tip of your nose. Make yourself aware of the touch. We are going to practice counting technique with each cycle of in breath and out-breath, you will count from

1 to 8. DO NOT LET YOUR MIND WANDER. If your mind wanders out, start counting from #1 again.

We are going to practice together

Breath in , aware of the touch, Breathe out aware of the touch - 1
(repeat 2 to 8)

Go back to #1 and say “continue counting your own and focus”

Pause for 1 minute (Leader - practice 2 cycles on your own)

By now your legs are numb, your face is itchy. Your basic instinct mind is forcing you to react by moving or scratching. You are having a temptation to wiggle your toes, twitch your fingers. Don't follow that temptation. You are not going to lose your leg if you don't move. But if you move, not only you lose your concentration, but also you will be wanting to move every minute. Just like a game that your mom told you not to play. If you played once, you will want to play again and again. Now that you don't move, you might be reacting by tensing your muscles. If you notice that, let go of your reaction. Relax that muscle and relax your mind.

a. We are going to end our meditation soon. We always end our meditation, with a relaxed body and mind. Practice rapid body scanning meditation again making sure all your muscles are relaxed. Then focus on your heart, making sure you are having a very happy heart. Once you are sure you have relaxed muscles and a very happy heart. Put a very nice smile on your face then slowly open your eyes...